

You Can Do It, WIC Can Help



WIC Breastfeeding Counselors Are

- Moms just like you
- Available in person or by phone
- Experienced at breastfeeding
- Trained to help solve breastfeeding concerns
- Trained to know when medical help is needed



Talk To Your Counselor

- If you have questions about breastfeeding
- If friends or family are pushing you to stop breastfeeding
- If you are getting frustrated
- When you need someone to tell you that you are doing a good job
- When you want to hear that you are a good parent
- When you just need someone to talk to

Many breastfeeding concerns can be easily fixed BEFORE you give that bottle of formula.



This institution is an equal opportunity provider.

West Virginia Department of Health and Human Resources